Abstract

Title: Case Study of physiotherapy treatment of a patient after the fracture of the proximal part of the humerus resolved by the osteosynthesis

Objectives: The main purpose of this paper was to get orientated in the professional literature in the field concerned. Another goal was to find out the author's abilities to examine and work with a patient, followed by stating a conclusion, suggesting an appropriate therapy as well as the way it is to be done.

Methods: First part of the paper is dedicated to the theoretical basis of the issue of the patient who suffered from fracture of the proximal part of humerus that was resolved by the osteosynthesis. The anatomy and kinesiology of pectoral girdle and upper extremity, general theory of fractures and the solutions to it are all discussed, as well as miscellaneous ways to treat a fracture, most of them being done by an operation. In the end, the ways of rehabilitating with a fracture that are commonly used are stated.

The other part is a casuistry of the patient O. N. with diagnosis state after the fracture of the proximal part of the humerus resolved by the ostheosynthesis. This special part is based on working with the patient for more than two weeks in Oblastní nemocnice Kladno (Regional Hospital Kladno) from 20th January 2011 to 3rd February 2011. The text describes an entry examination, short-term therapeutic plan as well as the long-term one, the course of the therapeutic units, the check-out and assessment of the therapy effect. The therapy was aimed at increasing the extension and the muscle force which both concluded in the patient being able to serve herself, do the housework and therefore in increasing the quality of her life.

Results: At the end of the therapy the extension of the patient's movement was increased, as well as the muscle force of the right upper extremity. The edema of the arm was minimalized, the muscle trophic and mobility of the cicatrice were improved. That all conludes in the patient leading a better-quality life.

Keywords: fracture, osteosynthesis, humerus, muscle force, extension of movement, methods of physical therapy.